

# GreenWave

The background of the cover features bold, expressive brushstrokes in green and red. A large green shape, resembling a stylized plant or a wave, dominates the lower half. Red strokes are layered over the green, creating a sense of movement and depth. The overall style is graphic and artistic.

40p

Saturn in Scorpio  
Undermining Jobs  
The Enemy Within  
Planting Molesworth  
Yoga at Addenbrookes

CAMBRIDGE REGION

MAY - JUNE

# Contents

	Page No.
Editorial .....	2
Open University .....	4
MCANW .....	6
Green Action	
News Happenings Info .....	8
Planting at Molesworth .....	9
Letters .....	10
Astrology .....	14
Principles of the Tao .....	18
Green Deserts .....	19
Natural Health Service	
Yoga at Addenbrookes .....	24
Events (Natural Healing) .....	26
Events (Political, Social) .....	28
Book Reviews .....	30
Cambridge Women's Resource Centre .....	33

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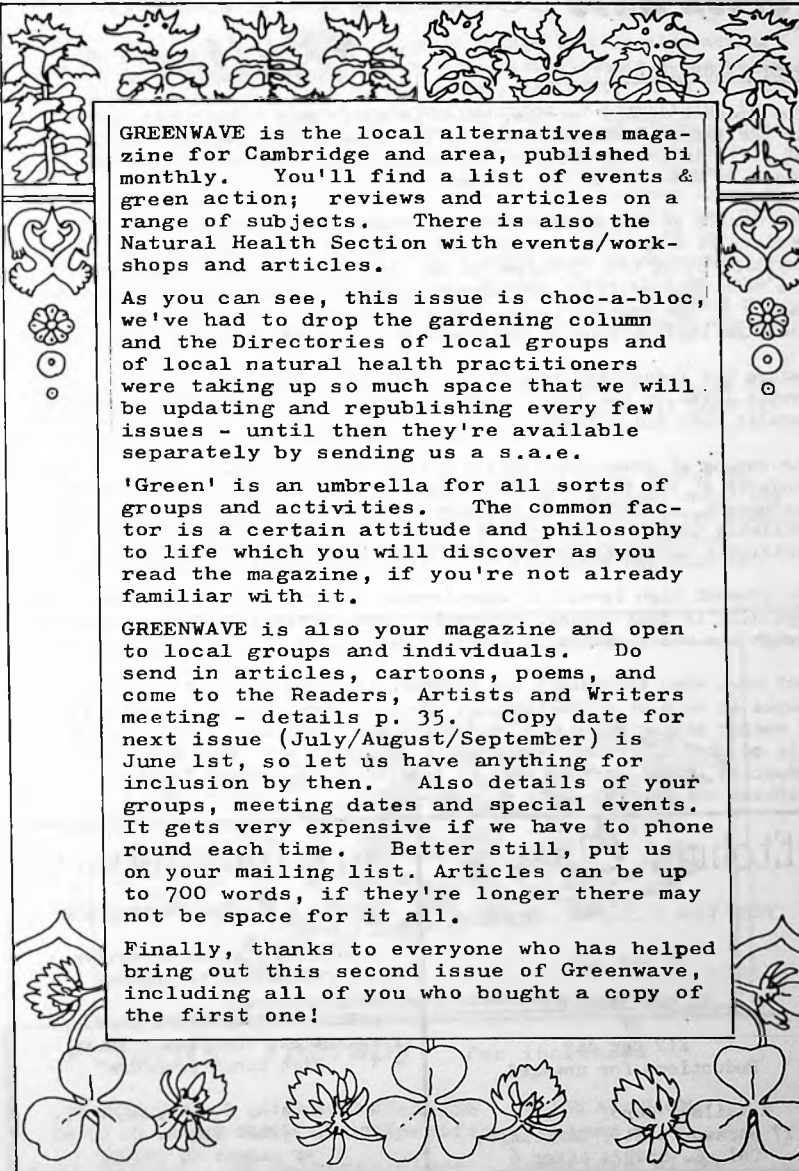
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GREENWAVE is the local alternatives magazine for Cambridge and area, published bi monthly. You'll find a list of events & green action; reviews and articles on a range of subjects. There is also the Natural Health Section with events/workshops and articles.

As you can see, this issue is choc-a-bloc, we've had to drop the gardening column and the Directories of local groups and of local natural health practitioners were taking up so much space that we will be updating and republishing every few issues - until then they're available separately by sending us a s.a.e.

'Green' is an umbrella for all sorts of groups and activities. The common factor is a certain attitude and philosophy to life which you will discover as you read the magazine, if you're not already familiar with it.

GREENWAVE is also your magazine and open to local groups and individuals. Do send in articles, cartoons, poems, and come to the Readers, Artists and Writers meeting - details p. 35. Copy date for next issue (July/August/September) is June 1st, so let us have anything for inclusion by then. Also details of your groups, meeting dates and special events. It gets very expensive if we have to phone round each time. Better still, put us on your mailing list. Articles can be up to 700 words, if they're longer there may not be space for it all.

Finally, thanks to everyone who has helped bring out this second issue of Greenwave, including all of you who bought a copy of the first one!

## POST-INDUSTRIAL BRITAIN

The present miners' strike, which is about jobs rather than wages, is the largest example so far of the type of civil unrest and erosion of civil liberties which ecologists have been predicting for this stage in history for two decades.

The desire of the miners to retain their jobs and the failure of society at large (and the government as its representative) to offer anything other than promises of new jobs in the "new technologies" are both indicative of the almost universal failure to recognise the nature of the changes taking place in society - the failure to recognise the implications of the transition to a Post-Industrial Society.

Before the Industrial Revolution (only 200 years ago) the majority of people lived on the land - what they could not provide for themselves locally they did without.

The coming of industrialisation offered many benefits. Firstly, the products of the then new technologies; secondly the chance of paid employment, so that goods and services previously unobtainable became available to all; thirdly, the chance for central government to redistribute wealth and provide services using taxation to pay for it.

The present high levels of unemployment and more job losses in store, topically in coal mining, naturally leave people scared. It looks as though the whole system is about to break down, and of course it will.

Just now, when technology has reached the point where it can replace people in much of production, it has also developed an enormous range of energy saving and d.i.y. equipment and materials, which are available so cheaply (relative to just a few years ago) that even though a reduction in the working week is inevitable, a changed lifestyle can maintain the same standard of living.

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There is another factor in the equation of change that is also acting in favour of this view - the technology now exists to make goods which last very much longer than before, and at very low cost. Much of this knowledge is at present not used - we are exhorted by advertising to throw away and buy new; some goods, especially shoes and clothes, are made shoddy and throw-away. But more and more things are available with longer and longer guarantees; cars are now receiving adequate anti-rust treatment. The result of all this is that the same level of goods in service (a term meaning the number of working items, say TVs) can be maintained at much lower production levels. If the TV lasts 10 years instead of 5, then only half the number need be made each year to replace those scrapped. Thus even though there will be fewer jobs in say TV factories, there is less need for those jobs since we need work less, since we only need buy a new TV every 10 years instead of every 5.

The tragedy is that if both government and unions would recognise the changes that are taking place and welcome them, we could all benefit from the gentler lifestyle which would result.

As it is, the most likely result is an increase in civil unrest as the people march for jobs and either a right wing clampdown under the banner of "law and order", or a left wing attempt to expand the economy to create jobs. Since neither of these responses is appropriate, political enlightenment seems unlikely - but that does not stop us doing it ourselves.



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# OPEN UNIVERSITY &

# THE OPEN MIND

"Too many think too much and care too little". Tao of Pooh.

..... and too many care too much and think too little....

A personal look at the OPEN UNIVERSITY.

The OU was set up in 1969 and took its first students in 1971. Many people think of it as just another conventional university, the only difference being that it is a second-chance one (i.e. for mature students), and a correspondence one (missing out on the main delights of conventional university life).

While the first is true, the second is only halfway true and there is much more to the Open University than this. In many ways it is far from being a conventional establishment. It was in fact set up in the 60s, not just to give a 'second chance' but also as a radical alternative to the existing system. And while it may not have been as radical as some of us may have liked due to the necessity of gaining credence within the system, it has still retained much of its initial ethos and aims.

What were these? And how do they link up with the Green Movement? Academically a major aim of the OU was a result of a reaction against the overspecialisation and reductionism of the 60s - to bring related disciplines back together again in seeking explanation and understanding of events, situations and behaviour. So although there are six basic disciplines/faculties, i.e. Science, Maths, Arts, Social Sciences, Education, Technology; courses are not then split up into smaller and smaller specialised bits. Material is borrowed freely from all disciplines when making up a course. The aim is to be genuinely interdisciplinary, to study a situation, a piece of behaviour in its whole context. Course teams collaborate in making courses across disciplines (particularly the

special 'U' courses, attached to no particular discipline) and it becomes impossible for 'intelligent' scientists to look down on 'waffly' arts people and 'wet' social scientists - and vice versa.

This accent on the interconnecting patterns found in all forms of knowledge, the impossibility of segregating the different forms of knowledge, is very much in sympathy with Green attitudes, and is at present very much under attack from the government - and indeed some students, who would like a return to a more 'masculine' specialised degree system. This would be against the whole ethos of the OU, which is for broad degrees and understanding, for integrating or connecting the various disciplines and subjects. (For example, the study of earth's resources brings in and integrates science, geology and earth sciences, politics, economics, history, culture, sociology.)

The other major aim is perhaps its most well-known, to bring higher education and knowledge within the reach of everyone, regardless of age, sex, colour or circumstances. Knowledge is something everyone can acquire given the motivation, Reading and writing essays are just two skills that can be learned, like carpentry, sailing, spelling. They are not dependent upon 'intelligence' as measured by IQ tests, O and A levels etc. The whole OU setup is in this respect by implication a criticism of an elitist system, where a select few are chosen by their A level results to go onto University BAs, higher income, status, class etc. Because of this aim the ethos of the OU is quite different from other Universities. The people who write the courses are genuinely interested in feedback and criticism from students. In the first year of any course especially, students' comments from the questionnaires sent and their points of view are read and listened to and parts of the course frequently rewritten. The physical bit helps here too. When students and tutors look alike and outsiders can't tell which is which when coming into a tutorial, then an egalitarian and co-operative attitude between students and tutors is more likely to take place. The idea of sharing knowledge (not bestowing it on a passive recipient) is forced on the most reluctant tutor when confronted by mature students of the OU. The Renaissance - and medieval - notion of students choosing their own teachers and disciples, the Socratic ideal of mutual discovery, is that bit nearer in the OU than in the ordinary university. Academic learning as something one does along with other things, not segregated off but an integral part of one's daily life and learning, becomes that bit nearer with the OU.

Of course, the OU does not exist in a vacuum. It has to comply with external demands. Thus it has exams - it has to, to be accepted by other universities. But they do only account for 50% in the end of year grade (the other 50% is made up by continuous assessment, averaging out the essay marks). And one still goes away with a bit of paper, an academic 'possession'. And there are more middle class than working class students (in terms of occupation) due I think to a failure of nerve in OU advertising. But as a popular alternative it has already changed our existing universities and is changing peoples attitudes to education. The distinction between academic/real knowledge becomes

harder to hold for both sides of the 'battle', as academic knowledge becomes as available as other kinds.

This again seems to me to be very near the Green belief in working, living as a whole person. Not ignoring our brain or all received knowledge, but using it along with and in harmony with our intuition. The OU attempts to get away from the idea that academic knowledge is something 'out there' segregated off from ordinary life, a 'prize' for the elite few.

"Too many think too much and care too little" - Tao of Pooh - is a good criticism of much of what is called 'education' and goes on in the name of 'knowledge'.

"To attain knowledge, add things every day. To attain wisdom, remove



things every day". Lao Tse. One can't remove if there is nothing to remove. First attain, then remove, is the path to Tao... it is not an excuse for remaining ignorant but a path for **ACHIEVING** ignorance.... (ignorance is a poor translation of the Chinese word here, more perhaps 'innocent awareness'? Just the fact that we can't translate the concept literally says something about our Western culture and its outlook.)

The OU because of its interdisciplinary open-ended nature perhaps brings the possibility of attaining knowledge and not being corrupted by it that bit nearer (though it is **VERY** far from being an ideal alternative) and in that sense takes us, as whole people, a little further along the way.

Sheila Farrant



# **MEDICAL CAMPAIGN AGAINST NUCLEAR WEAPONS**

Increased technological sophistication has led to a shift from deterrence, the 'mutual suicide pact', to the expectation of fighting, and possibly winning, a 'limited' nuclear war. The previously unthinkable becomes an apparently rational option. Today the stockpile of nuclear weapons around the world is such that if only 4% were used, most of the northern hemisphere could be destroyed. In World War II, the equivalent of 3 million tons of TNT were expended and over 40 million people died. The current world arsenals contain the equivalent of 16,000 million tons of TNT: enough to kill every man, woman and child many times over. And still the arms race continues. Already 6 countries have nuclear weapons. It is estimated that a further 10 to 20 nations will become nuclear powers during the 1980's.

The Medical Campaign Against Nuclear Weapons, established in 1980, is an association of doctors, nurses and members of the other health care professions. We believe that the only sane attitude towards nuclear war is to work to ensure its prevention. Our aims are to alert our colleagues to the disastrous consequences of a war fought with nuclear weapons, and, through them, to inform the policy makers and the general public. To achieve these aims we need to: keep under review information on the health implications of nuclear weapons, nuclear war and related subjects; act as a reference agency and a source



of information on these matters; provide information by lectures, publications and other means to the medical and related professions and to the public; work with the medical and health professions in all countries towards our aims.

Doctors and their colleagues in the health service have a particularly important role to play for several reasons:

- they have an ethical responsibility for the health of their patients and their community
- they have access to the specialised information which is needed to understand the likely consequences of a nuclear attack
- they have a respected role as health advisers
- they are accustomed to dealing with issues which transcend national boundaries and political differences

In opposing the nuclear arms race the contribution of health professionals is unique since their only vested interest is that of protecting human life.

Medical and civil defence planning cannot protect the population from a direct nuclear attack. Such measures may even appear provocative to a potential aggressor, and may offer false reassurance to those at risk. The effects of blast, heat and radiation would cause such devastation, death and injury that any remaining health service resources would be overwhelmed. The blast and heat effects would kill and injure those in shelters, especially the make-shift shelters which are all that would be available to most people. The damage to buildings would leave many more vulnerable to fall-out effects, and to exposure.

The running of the Campaign is supported by our membership, but in order to expand our activities we urgently need further funds. Please give your support by joining as a full member or as a friend of MCANW. For further information contact: MCANW, 7 Tenison Road, Cambridge.



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# Green Action

MORE GREEN

NEWS . . . .

HAPPENINGS . . . .

INFO . . . .

DID YOU KNOW . . . . ALCONBURY PEACE CAMP SUPPORT GROUP are looking for campers who will commit themselves to setting up a peace camp at the base - contact Ian Winters, St. Neots: 75284

. . . . that if you are interested in promoting the green network through educational projects, the land trust, the green roadshow etc. . . you can now subscribe to the National Green Network and help to bring the wider green movement together. Send £5 to the Green Collective, 4 Bridge House, St. Ives, Huntingdon. Cambs. and you will be put on the regular mailing.

. . . . SUN SEED COMMUNITY at Bridge House, St. Ives, inaugurated their new Community Centre with a sell-out cabaret last Saturday! Anyone interested in using the facilities for gigs, theatres, political meetings etc. contact them at St. Ives 67046

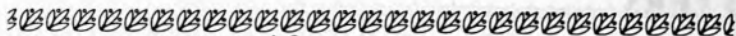
ARE YOU INTERESTED ? ?

. . . . in a large (about 500 people) green winter gathering - indoors - with all the usual green gathering activities but a bit more serious! Contact the Green Collective at St. Ives, address above.

. . . . in a SMALL summer green gathering in Cambridgeshire ????? We're following up one site suggestion . . . any other ideas ?? Contact Greenwave.



. . . . in getting petitions signed to have stone circles and sacred sites opened for the celebration of earth festivals. Stamped S.A.E. to Green Collective for petition forms.



## Planting at Molesworth

"Our land should be used to promote life and not death. USAF Molesworth includes over 1300 acres of unused arable land. If sown with wheat, this land could save the lives of over 15,000 children who will otherwise starve to death by this time next year."

This spring sees the start of a new campaign at Molesworth - to convert the land to peaceful and life-affirming use before it has a chance to become the next site for Cruise missiles. The first step in this campaign is the growing of crops on the base to feed starving people in the third world.

The medium term objective is to plant winter wheat this September on quite a large scale. Moving towards that there is an intermediate smaller scale plant of wheat, beans and other crops this spring for late summer harvest. Also an NVDA workcamp is being set up to run for the week before Easter and at intervals throughout the summer.

One square yard will, if all goes well, yield up to a pound of wheat, which is more or less the basic requirement for feeding one person for one day under famine conditions. The land will be divided into plots, and groups may want to take on a large plot to "sponsor" a family for a certain period of time.

Although there are specific action days (see Events p 29) actions will take place throughout the spring and summer and lots of help is needed, particularly for planting and hoeing early on, and in ground preparation later. The main planting area is near the site of the original camp and anyone and everyone is invited to help when they can, or on action days. Hopefully soon the actual village where the crops will go will have been pinpointed and "Third World Starvation" can be brought down to a personal and manageable level. More info: Bridie and Tim, Molesworth Wheat to the Starving, 11 Chancery Lane, Thrapston, Northants.



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1984 CAMPAIGN FOR FREEDOM OF INFORMATION

- ☆ Most of you will probably know that a broad coalition of political community and environmental groups has taken on the task of campaigning for a Freedom of Information Act together with the repeal of the Official Secrets Act (the latter to be replaced by an Act to give such protection to official information as may be necessary for national security). Friends of the Earth initiated the Campaign and Des Wilson chairs the campaign management committee.

Governments, and our present government in particular, are obsessed by secrecy. The simple idea behind a Freedom of Information Act is that the onus to show why information should not be disseminated lies with the Government (or council or quango). Obviously there are situations where confidentiality remains necessary and the Bill proposed should delineate these areas. It should be stressed that 'freedom of information' is not just concerned with central government but also with the local authority (many do not even provide access to information laid down by statute) or quango. Some of this addiction to secrecy is almost pathological.

The campaign intends to publish a newsletter - "Secrets" - and a number of 'secrets files'. The first prepared by the Community Rights Project deals with local authorities. The second prepared by FoE deals with secrecy and the environmentalist campaigner. Because of the layers of secrecy it is sometimes very difficult to obtain information on:

what the hazards are  
where the hazards are  
whether safety limits required by law are being observed

Further details are available from the 1984 Campaign for Freedom of Information, 2 Northdown Street, London N1 9BG (Tel. 01-278-9686) or from

38 Turpin Court  
Cambridge CB4 2RN  
Tel. 313065

Steve Foulger

- ☆ ..... "I found your magazine quite stimulating and well-produced, and clearly in touch with much environmentalist activity in the Cambridge area"

Railway Development  
Society

- ☆ "Congratulations on the publication of your magazine, the list of practitioners of alternative medicine\* is an invaluable resource for anyone living in Cambridge."

C.R. Cambridge Traditional  
Acupuncture Clinic.

# ☆☆LETTERS☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

PLEASE NOTE: AS A MATTER OF PRINCIPLE WE DO NOT WISH TO PUBLISH ANONYMOUS MATERIAL. IN FUTURE LETTERS WILL NOT BE PUBLISHED WITHOUT A NAME OR ADDRESS THOUGH THESE MAY BE WITHHELD BY REQUEST.

Cambridge  
15 March 1984

☆ Dear Greenwave,

Many thanks for your magazine; I look forward to future issues.

The Green Movement, the Rising Culture or whatever, cuts across all political party barriers because it is the sensible and the human way of going about life.

I hope this magazine can succeed in its aims by being educational and to succeed it must educate not those who already follow the Green Movement (although obviously they must be catered for) but the 'neutral' person who picks up the magazine off the shop counter for a casual glance. His or her interest must be engaged by clear, non-technical articles and not by Tory Bashing, technical monologues or anti-Benn slanging matches.

It's easy to make a magazine which is very successful and popular to a small minority (i.e. us, the converted) but if we are going to win our views and aims over to the rest (i.e. them, the masses) then the magazine must be popular with them and cater for them.

I hope you will take note, and wish you every success.

Best wishes,

(Signature unreadable; no address given)

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CAMBRIDGE REGION GREEN GATHERING - Plans are being discussed for a small-scale, outdoor, local green gathering this summer. Please will anyone with ideas for a suitable site contact Greenwave soon.

PLANET WAVES are a 'Green' band, with a New Age vision reflected in their 'Apocalypso Sunshine Songs' - a semi-acoustic sound featuring strong melodic vocals, congas, flute, fiddle, sax, guitars, etc. Cassette available from Green Sun Music, 37 Parkers Way, Totnes, Devon. £3.40 inc. p & p.







## Saturn Scorpio Thatcher & Benn

Take heed, all ye  $27\frac{1}{2}$ - $30\frac{1}{2}$ -year olds, the age of maturity is upon you! I am referring to the last generation born with Saturn in Scorpio (the previous generation consisting of those now aged between  $57\frac{1}{2}$  and  $60\frac{1}{2}$ ). How many people have said to me recently, "of course, it's my Saturn return, I've got Saturn in Scorpio, you know", by way of explanation for a certain air of harrassment and seriousness which has overtaken them! The previous three-year clump, the Saturn in Libra generation, didn't seem half so aware of astrology, and there is a reason for this.

Saturn takes about 29 years to go round the solar system. When it returns to the sign it was in at your birth, in your late 20's, all the characteristics of this sign are emphasized in your life, and very uncomfortable they feel too, because Saturn in your birth chart indicates the area of life where you are most ineffectual, where your blood runs cold and where you need all your self-possession to meet the challenges it poses. By successfully dealing with your Saturn return, you lose some of your youthful arrogance, but become more inwardly secure and tolerant of others, knowing that the real enemy is within and that you can now stand your ground, having mastered him. But by running from the challenge at age 29, you may well lock yourself into a cage of increasing rituals and restrictions as protection against an ever-more-hostile world, and then with your second Saturn return at age 58, the denied and unintegrated forces in yourself and in life begin to assume nightmare proportions and may topple you completely.

Saturn-in-Scorpio people have a horror of anything that is not tidy and above board, anything that is subversive or disgusting or undercover. They are often keen on material security and very frightened of violence. Physically, there may be an energy-block in the pelvis, leading to constipation, bladder-stones or sexual disfunction. In fact, Saturn-in-Scorpio people are not always terribly keen on sex.

But now, with Saturn, plus two other planets, adding extra weight, in Scorpio, all of you now in your late 20's and late 50's will be feeling under pressure from uncongenial forces. These may come from within or without. You may find yourselves taking unprecedented risks, throwing away the security you normally hold so dear, or you may suddenly be trying to control the movements of your finances, your family and the world in general. It could be that you suddenly want to settle some very old scores, or that you want to break with an organization that has protected you for years, or to join the most morally or politically subversive outfit you can think of. Or you may be assailed on all sides by the demands of finance houses, of stuffy professional organizations, by subversive elements at work or in the home. Those near and dear to you may become punk rockers, or junkies, or organized criminals; you or they may suddenly find yourselves caught up in a rather kinky social group (or couple), or fascinated by the tales of scandal in the Sunday papers.



'Bona fide' representatives of Scorpio may come into your life: surgeons, psychiatrists, atomic researchers, soldiers, undercover workers of all kinds, from miners to revolutionaries to practitioners of the occult arts. And you will be convinced that there are Secret Forces at work running your life, whether protected behind Government bureaucracy, infiltrated by the other side, or hidden in the psychological and occult currents of your nature.

Now surprise, surprise, these questions are topical ones generally. The theme of secrecy, subversion and security are in the forefront of public interest. The underground is erupting, quite literally. Last autumn, with the entry of Pluto into Scorpio, the sewage system of Britain was found to have come of age and to need repairing! Nasty substances are seeping out beneath the city streets, and the forces of Government control are working overtime rechanneling them. And last month the miners came up from underground, determined not to get walked all over. 13th, 14th, and 15th March were astrologically significant dates, which coincided with the grounding of the flying pickets, and 20th April, 3rd and 11th May will be likewise. This time, however, the issue may not be fought by the miners, but by farmers or ecologists - astrologically related, though politically miles apart! Astrologers would not be surprised to see a nasty incident involving nuclear power in the next two years, an incident which would force legislation to control the effects of radiation. And so on.

People in their late 20's and late 50's are simply taking these topical issues rather personally. Some of them may take up the martial arts, or undergo acupuncture, aiming deliberately to direct the currents of hidden power in their bodies. Or they may become interested in occult studies (which is why so many seem to know that they are Saturn-in-Scorpio types), or in psychoanalysis, or indeed in nuclear physics or the chemistry of fermentation. Anything to experience the hidden side of life in a controlled way. And babies born at this time will carry the theme of the direction of hidden power as a major issue in their lives. There are two astrologically inadvisable ways for the Saturn-in-Scorpio generations to handle the present two years. One is to go overboard as an undercover agent of any sort (would this be "plunging to the depths" of one's nature?), or to try to be a libertine, a druggie, a drunkard - it just isn't you. The other is to deny the existence of these hidden currents at all costs, to stamp out all underground movements - you will end up being let down by friends, back-stabbed by colleagues, and probably get a nasty growth in your abdomen. So look out!

Which brings me to the real point of the present article: two of the older Saturn-in-Scorpio people are our own Prime Minister and her chief 'bête Noire', Mr Tony Benn. Interestingly these two, born almost exactly 6 months apart, are afflicted with almost exactly opposite horoscopes. Which one feels more afflicted by this is a moot point! As a combative Aries, Mr Benn should take more kindly to the Scorpionic undercurrents in his own life and in the world than should Mrs Thatcher, who as a Libran just wants to force peace at all costs. And indeed this seems to be so. In his new constituency, Mr Benn is joyfully taking up the cause of the underground - literally - the miners, and as is his wont, championing individuals like Sarah Tisdall against whatever Establishment restrictions might threaten them. Mrs Thatcher, as we know, is bent on squashing the very possibility of subversion (not to mention mining), wherever in political life it might occur, while at the same time being undermined herself by Nasty Rumours about financial skullduggery.

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It is interesting that the younger Saturn-in-Scorpio generation was born during the McCarthyine years of persecution and paranoia by the American Establishment - or was it of genuine infiltration by a hostile Power? And that the older group was born at the time of the rise of Nazism in Germany. What will the present generation of Saturn-in-Scorpio babies grow up to re-enact? The persecution of free speech and individual conscience? A time of wholesale disaffection and treason for no just cause? Or the systematic investigation and understanding of the unseen powers which rule our health, our emotions and our ideals, of the great Mysteries behind life and death, a forward thrust of the boundaries of scientific research and an increased reverence for the silent beliefs of the inner person?

At Mrs Thatcher's first Saturn return, she was unsuccessful at (her first?) by-election, and withdrew from politics for a while to start a family. Whether this turn of events represented a more realistic attitude to the hidden currents driving her own life, or whether it was a frightened retreat from the challenge of Saturn, I do not know. At her second Saturn return, in December 1983, 23rd-24th April and 25th September this year, she does indeed seem to be having trouble with subversives, whether embodied as spies and saboteurs, or fantasized as unfounded rumours about nepotism (or "filiism"?). It was several years after his Saturn return when Saturn was triggered in a different way, that Mr Benn entered the Establishment by succeeding to the Stansgate peerage, and successfully devoted a lot of effort to getting back out again, thereby undermining his own roots, which is a proper Saturn in Scorpio move. He has identified with the anti-Establishment ever since and indirectly has caused more changes, according to Alan Watkins in the OBSERVER, than almost any other politician since the war. At his second Saturn return, dates approximately the same, to within a few days, as Mrs T., Mr Benn has staged a political comeback. Saturn is working well for him, in terms of popularity; it is working well for Mrs. T. in terms of actual power.

Perhaps these two are a cautionary tale to all you 29-year-olds; perhaps they are a shining example. At any rate, they show how the hidden currents in people's characters get played out in real-life events which they later hook into. The astrologer's perpetual message, reflecting the Hermetic maxim that what is outside mirrors what is within, is to get on good terms with the powerful undercurrents in your own life as well as, or before, exploring them as played out on the political stage.


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 \*  
 \*  
 \* PRUDENCE JONES will be holding a series of Creative Astrology  
 \* Workshops during the summer. Make your birth chart come to  
 \* life, using acting, meditation, drawing and dance. You only  
 \* have to be familiar with the signs and the planets to enjoy  
 \* these workshops, but experienced astrologers will find  
 \* something for them too. Details in Events, Page 24.  
 \*\*\*\*\*



Mo Ostler

## The principles of the TAO

The ancient Chinese saw life as one continual process of flux and change which happened as a complementary flow. This process, the vital essence of life, they called the Tao. The complementary changing and patterning which they believed happened in a cyclical motion, they explained with the concepts of Yin and yang, these being two polar opposites which worked together to form one harmonic whole.



Neither of these was seen as good or 'better'. The important concept was one of balance. While yin corresponds to all that is seen in this culture as feminine; i.e. responsive, coercive, yielding, supportive, holistic, non-linear and so on, and yang to all that is masculine; assertive, demanding, rational, competitive, analytic, linear; none of these attributes are seen as 'good' while they stand alone. The only good comes with a balance of the two sides, the bad, with imbalance.

In our society, which is extensively yang-oriented, we have separated the two, following our fragmented 'yang' tradition. We have submitted to it's need for order and clean separateness - all women are meant to be wholly feminine, or yin, all men, wholly yang - masculine. In Chinese tradition, every human, woman or man, is subject to the Tao; to the fluxing of both yin and yang, - masculine and feminine. Every individual is a living interplay of the two principles which are forever circling within.

Today's western society has evolved out of rational, linear thinking. Many of us are now searching for an ecological awareness which comes out of an intuition for non-linear systems. We must be aware of the dangers - yes, we need to sway the balance a little more in favour of the yin. But we must be careful not to overbalance too far so that instead of being masculine-dominated society, we become feminine-dominated.

"Ecological awareness, then, will only arise when we combine our rational knowledge with an intuition for the non-linear knowledge of our environment." Fritjof Capra, 1981

大道は今其の在る万物持之而生而不辞功成不名有



## The Problems

### Desertification

A desert is a land where plants do not grow. Very few people live in the desert itself, although they may pass through it. But people - almost 700 million of them - do live on the fragile arid and semi-arid lands around deserts. The growing populations on these relatively productive lands may, in their daily fight for survival, turn them into desert - not a desert of dunes and cactus, but ground which is economically useless. Some 80 million people around the Earth are in the process of doing this to 30 million square kilometres - an area larger than China, Canada and the U.S. combined. This ugly process has an ugly name: Desertification.

(Earthscan)

### Drought

Deserts create deserts. Deserts deter rain. Without trees and perennial vegetation to absorb extremes of weather, a cycle of drought and flash floods further devastate the land.

### Intensified cultivation and grazing patterns

Population growth has contributed to a shortening of the slash and burn rotation, and to severe overgrazing. This has put such a strain on the ecology of the desert fringes that vast tracts are being made untenable.

### The other fuel crisis

Worldwide 1½ billion people heat and cook with wood. Firewood is the chief source of fuel for up to 90% of the people in the poorer countries of the world, the average family burning four tonnes of wood a year. Trees are rapidly disappearing. When firewood and petroleum are too expensive the people resort to burning dung, depriving the soil of fertilizer.

## Lack of relevant education

For those struggling for survival on the desert fringes, education is often unavailable or beyond their means, frequently unsuited to their needs and can encourage the drift to the cities.

## Famine

900 million people wake up every morning with starvation staring them in the face. Of the 3,000 plant which have been used for food, the majority of mankind today rely on 20. Most of these 20 crops originated outside the arid areas and are not well suited to the conditions. Emergency food aid, even when effective, is an expensive way of dealing with a problem that has been allowed to become a crisis.

## Poverty

Poverty can be seeing your children and land die.  
Poverty can be eating your seed corn.  
Poverty can be a feeling of powerlessness and frustration.  
Poverty can be overcome.

## Green Deserts Take Action

### Aims

Green Deserts is motivated by an idea that has fired the imagination of many: to see the deserts green again. It is within the capabilities of man to halt the desertification process and reclaim areas already lost to useful production. Green Deserts exists to channel resources into forestry, agriculture and appropriate technology, to enable rural communities to become self-reliant.

### In Practice

Green Deserts is operating with the Sudanese Forestry Department in the Sahara's southern fringe, planting goat resistant trees and building simple rain catchments to establish a system of sustainable forestry, capable of being adapted and replicated by the local people with the minimum of outside help.

By the Nile a project is encouraging the regeneration of shelter belt trees in the desert. In a remote mountainous area percolation dams have been built to hold back flash flood waters long enough for trees to be planted and survive in the wadis. The active participation of the local people is central to our involvement.



# The Next Steps

Green Deserts plans to establish village tree nurseries, providing tenant farmers with seedlings for productive wind breaks round their fields.

A mobile puppet theatre, successfully field tested in the Sudan, is to be part of an extension team to carry the ideas into the heart of the villages.

GREEN DESERTS local contact Nance Pepin, Geoff's House, Rougham, Bury St. Edmunds.



Following the inaugural meeting at Fisher Hall, you can now support the venture by joining the Cambridge City Farm Collective (£1.50 p.a. waged, £1.00 unwaged). The group is negotiating for the 4½ acre site LOGANS MEADOW at Chesterton - in the meantime, a land clearance project is going on at the Railway Cottages under Mill Rd bridge - this area will be used as a model site and information centre until the permanent site is acquired.

Next Meeting: 8 p.m.  
Bath House, 25th April.

For more details and offers of help ring Mike Collins:  
C. 245279

## POLARITY THERAPY

A preventative, wholistic approach to health care, based on techniques of

PRESSURE POINT MANIPULATION  
ENERGY BALANCING EXERCISES  
HEALTH BUILDING DIETS

and explores the relationship between mind and body

Contact Cathy Squire, RMN, PT,  
Mon. C. 242828 Thurs. C. 62691  
Other times: C. 247004

Exam Nerves !  
Stopping Smoking ?  
Lack of Confidence, etc.

MICHAEL MOUIT  
CHP., MAMP (Assoc.)

## Hypnotherapist

Royston (0763) 41979

\*\*\*\*\*

Fee reduction for magazine  
readers

# NATURAL HEALTH SERVICE

## PICTURE OF HEALTH . . . .

"The popular view of illness in our society, is that it is accidental and has little relationship to the rest of our lives. Where specific causes are recognized they are usually attributed to the moral weakness of individuals - as in the case of smoking and lung cancer for instance. The solution to health problems is seen to lie in individual 'health education' and in the provision of more and better medical care." "Picture of Health"\* is a booklet produced by Channel 4 Television to accompany their recent series of eight films. This series challenged the above ideas - it argues that health is too important to be left to doctors or other 'experts' and that questions concerning the prevention of ill-health need to be brought into the wider political arena.

Natural or 'alternative' health care has been taken up in earnest by the media, thus contributing substantially to a changing awareness on the subject. The factors that contribute to ill-health in the 1980's are complex and in Greenwave we will try to show that the path to health is that which leads people away from perceiving themselves as passive and powerless victims in the world.

Cambridge needs a natural health centre - a place for people to come for information and treatment - a centre in which practitioners and therapists could work. A questionnaire circulated by our predecessor magazine Reality Checkpoint, regarding the possibility of setting up such a centre in Cambridge, indicated that a substantial number of practitioners in the area would actively support and use such a place.

What we need at this point, is advice from people with the skills to undertake a feasibility study on such a project, to help produce some facts and figures to work with. Please contact the address below if you feel you can help in this way or if you have any suitable contributions for the magazine or ideas as to what you would like to see in the Natural Health section.

THE NATURAL HEALTH SECTION, Greenwave, Fen Rd.,  
Milton, Cambridge, CB4 4AF.

\*Available from Channel 4, P.O. Box 400, London.W3 6JX  
(£1.25)

# LETTERS

Dear Greens,  
PEACE IN OUR TIME?

Behind the "wouldn't it be nice  
i.f..?" flavour of Tony and Andrea  
Mellows' article on Rebirthing  
[Greenwave, Issue 1] there abide  
truths which, if we are to clean  
up the unholy mess we have made of  
our world, we are certainly going  
to have to acknowledge - and soon.

I suspect, however, that many will  
have been put off by the seeming  
lack of pragmatism, and of a com-  
prehensive analysis to support the  
high-mindedness - not to say  
idealism - of their thesis. The  
trouble with many a quick-cure  
solution to problems of both in-  
ternal and external growth and  
development in our day is a prac-  
tised and superlative glibness,  
which offers much but provides no  
bridge for the understanding to  
cross the gulf of uncertainty  
which separates the stark, dark  
experience of present dilemma from  
the gleaming promise of future  
felicity. The only course left is  
to take the plunge by forking up  
the fare for whatever therapeutic  
boat is attempting to make the  
crossing. Or, if we cannot bring  
ourselves to trust the ferryman, to  
remain on the Shores of Confusion,  
Conflict and Compromise.

There is little new in the central  
premise offered in the article,  
that until we clean up our own act  
we have no right to expect fault-  
less behaviour in others, even if  
the other happens to be the Presi-  
dent. The time-honoured axioms  
"Know Thyself" and "Charity begins  
at Home" (to pick a couple out of  
the variety of such cliches) pro-  
fess the self-same truth. What  
also has not changed is the access-  
ibility, or rather, the non-  
accessibility of the language used  
to promote the truth. "Truth,

Simplicity and Love" sound mar-  
vellous in a brochure advertising  
enlightenment. But if, as Tony  
and Andrea admit may be the case,  
you don't like people, or some

people at any rate, nothing is more  
irritating than being exhorted to  
love them. Even if you are con-  
vinced of the validity of the solu-  
tion, people are annoyingly unpre-  
dictable, and in their unpredicta-  
bility they tend to press all the  
wrong buttons. Thus, you could  
find yourself in even more of a  
mess if, committed as you are to  
an ideal of Perfection, you con-  
tinually fall short of its  
attainment.

Do not mistake me: I bear no  
disagreement towards the necessity  
of loving humanity and that means  
individuals. What I contest is  
firstly that one can buy one's way  
to achieving this enlightened  
state; secondly, the "panacea"  
approach, which tends to simplify  
prematurely what most of us find  
complicated, confusing and fearful.

I should say at this point that I  
have been "Rebirthed" several  
times myself, and am not ignorant  
of the fact that practical solu-  
tions are offered. For myself, I  
found it a powerfully transforma-  
tive technique with much to recom-  
mend it both as a psycho-physical  
therapy and as an intellectual,  
theoretical structure. What I was  
acutely aware of even then, however,  
was a tendency to a kind of fey  
optimism, in which all suffering  
and all difficulty were submerged  
in an insipid wash of "positivity".

The ground I tread here is uncer-  
tain, in that on the face of it, I  
agree with much of what the article  
says. But in reaching similar  
conclusions for myself, I have also  
come to understand that the means  
by which we are convinced are as

CONT'D p 25

# YOGA

## AT ADDENBROOKES

In December 1983 the Yoga Biomedical Trust was accepted as a registered charity by the Charity Commissioners. The stated aim of this Cambridge based Trust is "to promote and advance, for the public benefit, the study and practice of and research into the therapeutic effects of Yoga as a means of improving the mental, physical and spiritual health of the community and to publish the useful results of any such research".

This Trust grew out of a survey of health benefits from yoga. For the past two years we have been distributing questionnaires to people all over the U.K. who practice Hatha yoga. We have in hand about 3,000 completed questionnaires and are processing these by computer. The results show that many of the respondents believe yoga has improved their energy level and sense of well-being; reduced their consumption of medicines, sick-leave and visits to doctors; and helped them with a wide range of disorders. More detailed information on how yoga has helped with particular disorders is being obtained through follow-up questionnaires.

On the basis of preliminary results from this survey, two small trials have been set up at Addenbrooke's Hospital, Cambridge. The first of these, funded by the Cancer Research Fund, is for smokers who wish to stop smoking. About 30 smokers are attending weekly Hatha Yoga classes at the hospital. There are two series of classes, one led by James Ward, the other by Lucette Stevenson. Our approach is based on the idea that yoga reduces the desire to smoke through releasing tension and enhancing body awareness and sensitivity.

The second project at Addenbrooke's is for cancer patients. Yoga sessions are being made available to both in-patients and out-patients. Jennie Daff, the yoga instructor, teaches simple Hatha Yoga and visualizations. She sees the patients individually to start with and then in small groups. There is room for a few more patients in this project.

The Trust is also undertaking a number of other activities, including a symposium on "Yoga for Respiratory Disorders" and information exchange groups on yoga for the elderly and for a range of particular disorders.

We wish to contact yoga teachers and therapists, and others who practice yoga, who might like to collaborate. We are also on the lookout for (a) doctors and scientists who are interested in yoga therapy (b) people who could help with the work - a wide range of skills could be utilized - and (c) premises for an office/library and eventually a yoga/seminar room.

For further information about the Trust and its work, see the "Yoga Biomedical Bulletin", the first issue of which has just been published (price £1.50 including p. & p)

ROBIN MONRO, Ph.D.                      Yoga Biomedical Trust  
3 Woodlands Park, Girton, Cambridge, CB3 0QB.

## LETTERS

Continued from page 23

important as the convictions themselves. It is no good telling people that you know the truth, if you do not also tell them how you came to find it - and thus how they may find it themselves: and this means dealing realistically with their difficulties. In other words, don't preach: teach!

Well, you could always go out and get Rebirthed: a practical tool is being offered. It all depends, as I said earlier, on how you feel about the vessel and its navigators. Surveying the vast maze of spiritual and quasi-spiritual paths available on the current growth market, I cannot but wonder if so many extravagant and colourful claims can really hold the solution to the dilemma which (and I

quote) "the human race has been caught up in for centuries", or whether they are in fact but blossoms on the Tree of Affluence, which owes its very life to the soil of so-called conception?

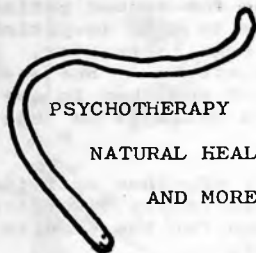
Yours, Pete Jackson.

REFLEXOLOGY

BACH FLOWER REMEDIES

HYPNOTHERAPY

SUJATO HOUWEN Coton Office  
Tel. Madingley 211041

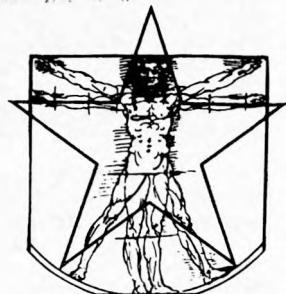


PSYCHOTHERAPY

NATURAL HEALING

AND MORE . . .

## REGULAR GROUPS



**ASTROLOGICAL ASSOCIATION**  
Monthly group for practising  
astrologers; also beginners  
classes: Jane Giddings  
Cottenham: 51735

**BIO-ENERGETICS**  
Margaret Dyson  
4 Kimberley Road  
Cambridge 67311

**TOUCH FOR HEALTH**  
Romy Paine  
27 de Freiville Ave.,  
Cambridge 354734

**GESTALT PSYCHOTHERAPY**  
Brenda Biamonti  
24 Hertford Street  
Cambridge 62691  
Womens Group: Mon 6.30  
Mixed Group: Tues 6.30

Helen McLean  
13 Oxford Road  
Cambridge 350649  
On-going starting  
21st May 6 - 8 p.m.

**SHIATSU**  
Ma Prem Shruti  
C. 351227  
Fri 7pm Meditation & tea  
8.15 Shiatsu £3



## APRIL

- Sat. 28th - TOUCH FOR HEALTH INTERMEDIATE COURSE -  
Sun. 29th - Contact Romy Paine C. 354734  
Sun. 29th - CREATIVE ASTROLOGY WORKSHOP - The Moon  
and Saturn, the opposing principles of  
growth and of death in astrology, time  
and life. Contact Prudence: C.323299

## MAY

- Tues 1st - Start 10 week course "Look after Yourself"  
a new whole-body whole-mind approach to  
personal health. Chesterton Community  
College phone: C. 358689  
Wed. 2nd - Start 4 week course at Manor Centre -  
ASTROLOGY IN EVERYDAY LIFE - 7.30 -  
9.30 p.m. Contact Manor Centre C. 355745





# EVENTS



POLITICAL

SOCIAL

ETC.

## WHAT'S ON

### REGULAR GROUPS

#### ANIMAL AID

1st Wed. each month  
7.30 p.m. Wesley Hall  
Joan Court C. 311828

#### ECOLOGY PARTY

3rd Wed. each month  
8p.m. Eagle Pub,  
Benet St. phone:  
Yvonne Douglas: C. 211149

#### DROP IN CENTRE

for 16-25 unemployeds  
Overstream House  
Thurs. 2-6 p.m.  
C. 350967

#### ANTI-APARTHEID

Tuesdays monthly  
Brian Williams C.351078

#### FRIENDS OF THE EARTH

Business meeting  
4th Tues each month  
speaker meetings 2nd  
Wed. each month  
Bath House open 12 - 3pm  
C. 312800

#### CAMBRIDGE & ISLE OF ELY NATURALISTS TRUST

Meeting, outings, rambles  
contact: Joy Greenall  
C. 358144

### APRIL

- Wed. 18th - ECOLOGY PARTY MEETING - Eagle Pub,  
Benet St., 8 p.m.
- Tues 24th - ANTI-APARTHEID MEETING - 7 Shenstone  
House, East Road, 8 pm contact: Brian  
Williams C. 351078
- Wed. 25th - CAMBRIDGE CITY FARMS - Bath House 8 p.m.  
Mike Collins C. 245279
- Sat. 28th - GREEN DAY - St. Michaels Hall - all day.

### MAY

- Wed. 2nd - ANIMAL AID Teach-in/workshop 7.30 pm  
Wesley Centre - Dr. Gill Langley (biologist)  
& director of Hedwin Trust which promotes  
research for alternatives to the use of  
animals in experiments.
- Wed. 9th - F.O.E. meeting 8 p.m. Bath House  
Mike Grubb of SCIENTISTS AGAINST NUCLEAR  
ARMS

MAY (cont.)

- Sat. 19th - ECOLOGY PARTY JUMBLE SALE 11 a.m. at  
The Bath House. Phone Lyn to collect jumble.
- Sat. 19th - THORPE TREE FAIR - 5 miles from Thetford
- Sun. 20th - Forest contact Green Deserts Beyton 70265

JUNE

- Sat. 2nd - STRAWBERRY FAIR
- Wed. 6th - THE OTHER ECONOMIC SUMMIT - Public Rally
- Sun. 10th - 6th 7.30 p.m. Friends House, Euston Rd,  
London., Conference for a New Economics  
Thursday 7th-Saturday 9th Royal Overseas  
League, Park Place (off St.James St)  
London SW1. Details from: The Secretary,  
TOES, 42 Warriner Gardens, London SW11 4DU
- Sat. 23rd- Kentwell 1610 - an historical re-creation
- July 15th - Kentwell Hall, Long Melford, Suffolk.  
Information phone Sudbury 310207

STOP PRESS..STOP PRESS..STOP PRESS..STOP PRESS..STOP PRESS..STOP PRESS..

EASTER SUNDAY Bruce Kent will be joining in an All Faiths Celebration  
April 22nd of Life at MOLESWORTH - please come with spade and  
wellies and heart and help the Molesworth Wheat to  
the Starving Campaign (see P. 9)

EASTER MONDAY  
April 23rd

A coach will leave New  
Square at 9.30 a.m.  
taking people to the  
Peace Celebration Walk  
from Mildenhall to  
Lakenheath USAF  
(7 miles). Picnic  
and planting ceremony.  
Returns at 7 p.m.  
Organised by Christian  
CND.

\*\*\*\*\*  
EVENTS for July, August,  
September

entry deadline is June 1st  
\*\*\*\*\*

## Day of Yoga

with JOHN CAIN  
(Wheel of Yoga - Eastern area  
officer)

Sunday 17th June  
10.30 - 4.30

at Manor College  
Arbury Rd. Cambridge

details : Hugh Frost  
6 Paddock Way, Sawston.  
Tel. 833120

# Who is the Enemy?

by Rosie Stanning

In every conflict there is a tendency to polarise - East/West, employer/worker, alternative defence/re-  
armament. We see the situations as two sides, independent of each other which reflect opposing tendencies. Now, suddenly, books are being published which do not let us slide into an us/them mentality, but which clarify the true nature of 'the enemy'. We usually think of the enemy as someone or something else, but these books show it to come from ourselves.

In 1978 Ronald Higgins published 'The Seventh Enemy', naming apathy as the most destructive force in our society. He did not allow blame to go outside, but put it fairly and squarely back on the shoulders of each of us.

Last year Jim Garrison and Pyare Shivpuri published 'The Russian Threat'. Firstly they examine areas of Russian activity which cause Westerners discomfort/repulsion - prison camps, contravention of human rights, Afghanistan, the ideal of world domination - and show them to be amply reflected also in American activities. The real light is shed in the concluding chapter which quotes at length from Professor Horst-Eberhard Richter on the psychological effects of living under the nuclear threat and the mechanisms which allow such an insane situation to arise. He says "Where the 'Russian threat' must be real is not so much in Soviet behaviour as in the hearts and minds of Western societies."



Schumacher lecturer Susan Griffin recently published 'Pornography and Silence'. She also examines psychological mechanisms and helps us to understand how a pornographic mentality arises, and how almost identical this mentality is to that of the racist, the anti-semite and the torturer. If there is a split in our view of ourselves - 'I am my mind, I am not my body or my emotions', we have the beginnings of something which can end up as denial of part of ourselves and projection of it on to others.

It is often an unacknowledged or threatening part of ourselves that we deny, and instead of finding it in ourselves we transfer it onto situations or people around us. We see it in other people because we don't see it in ourselves. This can happen in small ways or huge ways, and the split which started with the splitting of the atom and may end with the rending asunder of the Earth, is this no less than a reflection of what the Earth's people are doing?

So we move on from allowing conflict to exist to seeing it as a state of mind. Without the mentality that permits its existence, there can be no enemy. Two sides can only exist with this mentality. Friend and foe are two fictitious characters which complement each other and, because they are fictitious, what is allowed to happen in their name is beyond what any person would allow. We can heal ourselves if we can open our eyes. Maybe JC wouldn't mind being rewritten - love thy enemy, he is thyself.

Ronald Higgins: 'The Seventh Enemy: The Human Factor In The Global Crisis': Hodder and Stoughton, 1978.

Jim Garrison and Pyare Shivpuri: 'The Russian Threat': Gateway Books, 1983.

Susan Griffin: 'Pornography and Silence': Women's Press.

\* \* \* \* \*

EMBRACE THE EARTH - A GREEN VIEW OF PEACE is the collective expression of the holistic view of peace held by supporters of Green CND. It places the peace issue in a personal, political, global context, bringing together the issues of militarism, economic growth and industrialism, the nuclear chain from mining to dumping and from power to weapons, technomania, third world poverty, democracy, resources, human rights, womens views and personal involvement.

A Green view is that peace is indivisible from these issues and that nuclear weapons are only the logical result of the society we have created.

EMBRACE THE EARTH seeks to show how we can begin to lay the foundations for a lasting, global peace, and is available from Green CND, 121 Kings Road, Canton, Cardiff for £1.00 (90p + 10p p&p).

# Reclaim the Earth

"Reclaim the Earth" is an anthology of women's writings about health, technology, childcare, militarism, nuclear power, animal rights, the chemical industry, land rights, food, racism, the Third World, and much more. The book's subtitle is "Women Speak Out for Life on Earth" - an apt title, considering the range of issues tackled.

There are 28 chapters in all, including one written by Margaret Wright from Cambridge, and six poems. Some pieces are very short, while the longest is only 13 pages; many reflect the personal background of the writers. The main problem is which to read first - I felt as if I wanted to read at least half the book all at once.

I found the piece on Seveso particularly good: the chemical dioxin can cause deformities in unborn babies, yet pregnant women from Seveso who wanted abortions found it very difficult to get them, both because of the Italian bureaucracy and the Church. Norma Benney's piece on the links between rights for women and animal rights was also good, particularly in the historical context. The chapter on alternative technology advocated a cautionary note to AT freaks: women, especially those with children, have different needs and priorities to men. The general emphasis in AT to create more labour-intensive rather than energy-intensive ones might force women back to the home.

All in all, this is a hard-hitting collection of essays which is well worth reading.

Lowana Veal

Leonie Caldecott & Stephanie Leland (eds). "Reclaim the Earth". Women's Press, 1983. £4.95.

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## SOIL EXCHANGE

Some people have gardens and can't cultivate all of them - others would like some (more) space for growing things. If you want to join in the soil exchange, please write to Greenwave, saying whether you want space to garden in, or are offering part of your garden to someone else.

Milton

Mark offers substantial piece of land, currently fallow, to serious users, in return for planting and maintaining small flower borders. C.861749

# Cambridge Women's Resources Centre

Tel: 321148  
7c Station Road  
Cambridge CB1 2JB

The Cambridge Women's Resources Centre is run by women for women. It began its evolution about three years ago, with a voluntary collective who were concerned to do something practical about women's oppression, and decided to act in the area of employment. Cambridge has twice the national average of scientific and technical firms, and since this is an area where women are extremely under-represented, offering training opportunities for women in the 'new technology' seemed a useful start.

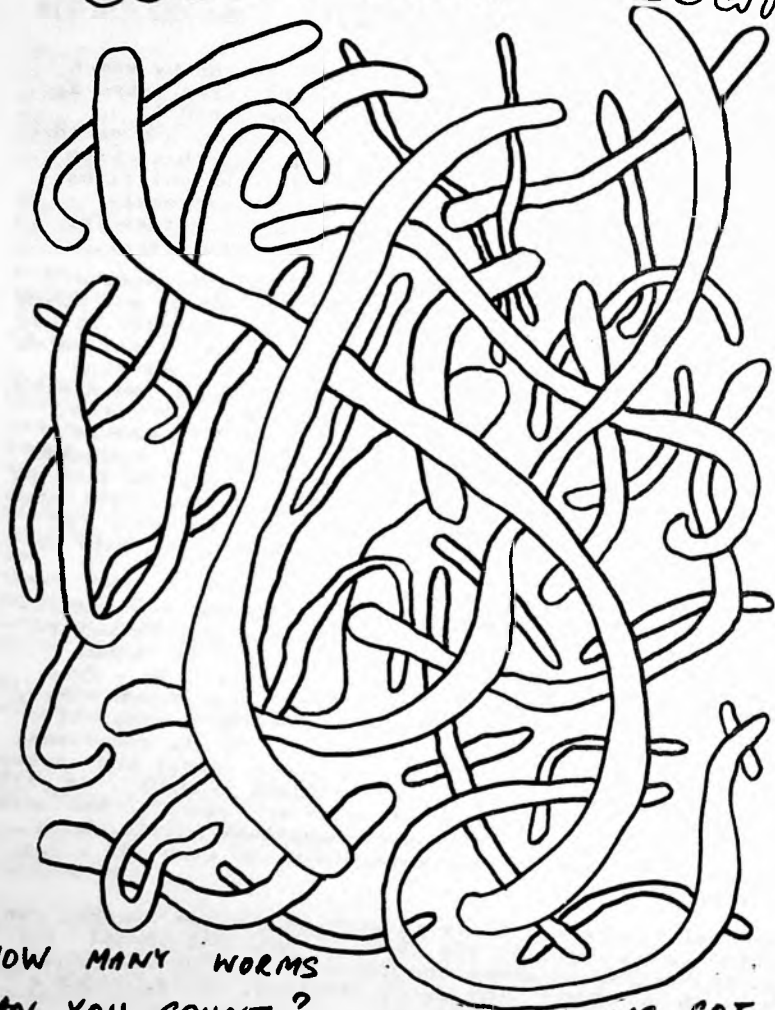
We opened the Centre in autumn 1983, offering recreational courses; although these weren't going to get women jobs, we wanted to offer something to do, and also to get the Centre known in Cambridge. For our third term, we've expanded the programme considerably, and are offering courses in carpentry, self-preservation, women and health, bike maintenance, languages, tai chi, yoga, and dance. Our latest success has been a grant from the Department of Trade and Industry to buy all the computing equipment we'll need to run courses, and this term we'll be running a short computer familiarisation course. There will also be three-day video workshops, again, just a taster for the intensive training we eventually hope to be able to offer.

The really vital things about the Centre are the facilities we offer, and the fact that these have been determined solely by looking at what women need if 'equal opportunities' is ever to become a reality. So - free childcare is always available; courses are 'women-only', both to redress the balance and to provide a supportive rather than a competitive atmosphere; and all vocational training is free of charge, since women rarely have access to the sort of fees commercial training demands. We will be concentrating mainly on older women (over 25) who have been out of work for a few years and lack skills which would enable them to earn more money, or even get a job at all.

Obviously there's a limit to what we, as one Centre, can achieve even locally, let alone in national terms! But the enthusiasm of women who use and work for the Centre shows the need for what we're offering, and provides a constant impetus to continue.

C.W.R.C. welcomes new collective members - ring the Centre for details.

FOR KIDS OF ALL AGES TO  
count and colour



HOW MANY WORMS  
CAN YOU COUNT ?

ONE WORM HAS GOT  
LOST IN THE MAGAZINE.  
PLEASE HELP FIND  
IT.



# **GreenWave READERS ARTISTS AND WRITERS MEETING. WEDS. MAY 23RD.**

The first meeting at the Eagle taught us a good lesson about being pessimistic - confronted with a roomfull of people we were suddenly aware of how unprepared we were for such a response! We have invited people from the Huntingdon Green Group to come to the next meeting to tell us something about what they do in practice, in addition to our practical discussions on producing and distributing the magazine and general discussion of the ideas the mag. represents.

Please join us at the next meeting:-

THE READERS, ARTISTS AND WRITERS GROUP

next meet:

Wednesday, May 23rd  
8 p.m. onwards  
Eagle Pub, Benet St.,  
Cambridge.  
(near Kings College)  
Eagle 353782

*Handwritten signature: Hella*

## SKILL EXCHANGE

There is an argument that the most subversive lifestyle is one that reduces the cash sector of personal economies - hence no tax, no support for big business, the CEEB, etc.

Politics aside, there must be lots of people who would benefit from a skill exchange in Cambridge. If you have a skill, or something you are prepared to do, let Greenwave know. If enough people do this we could have a thriving non-cash sector economy in Cambridge!

Mike offers for a kick-off:- Car body work repairs; wants help with building, painting, decorating. Tel. Histon 3200.

Mark needs skilled fruit tree pruning; offers free fruit and firewood Tel. C. 861749

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# Eat Your Heart out Time...

## DATE BALLS

9 oz stoned dates  
5 oz sunflower seeds  
2 oz butter or marg.  
1 beaten egg  
 $\frac{1}{2}$  teaspoon vanilla essence  
unsweetened dried coconut,  
sesame seeds or sunflower  
seeds for coating

Chop dates. Place in pan with fat, vanilla and beaten egg. Heat gently for a minute or two, mashing dates with a spoon. Toast sunflower seeds in an ungreased pan over low heat for a few minutes. Grind in blender. Add to date mixture and cool. When cold, shape into small balls, roll in coconut or seeds.

## ICE CREAM

1 pint milk  
1 beaten egg  
1 oz plain flour  
 $\frac{1}{2}$  teaspoon vanilla essence  
1 oz butter or marg.  
honey or sugar to taste

Set fridge to coldest setting. Blend all ingredients except margarine together in a basin (if using honey, add this at the end.) Place in saucepan, add the marg. and cook till it boils and thickens, stirring continuously. Cook for 2-3 minutes; remove from heat, add honey, leave to cool. Pour into an ice tray or dish. Freeze until solid round edges. Pour into bowl and mix well. Pour back and freeze until solid. Allow to mellow for 15 mins before serving. You can add other things, e.g. cherries...

Spring is sprung,  
The grass is riz -  
I wonder where  
The ice-cream is ....

WITH THANKS TO VICKI WILLOW

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